



United States  
of America

# Congressional Record

PROCEEDINGS AND DEBATES OF THE 114<sup>th</sup> CONGRESS, SECOND SESSION

Vol. 162

WASHINGTON, THURSDAY, SEPTEMBER 22, 2016

No. 144

## House of Representatives

The House met at 10 a.m. and was called to order by the Speaker pro tempore (Mr. WEBSTER of Florida).

### DESIGNATION OF SPEAKER PRO TEMPORE

The SPEAKER pro tempore laid before the House the following communication from the Speaker:

WASHINGTON, DC,  
September 22, 2016.

I hereby appoint the Honorable DANIEL WEBSTER to act as Speaker pro tempore on this day.

PAUL D. RYAN,  
*Speaker of the House of Representatives.*

### MORNING-HOUR DEBATE

The SPEAKER pro tempore. Pursuant to the order of the House of January 5, 2016, the Chair will now recognize Members from lists submitted by the majority and minority leaders for morning-hour debate.

The Chair will alternate recognition between the parties, with each party limited to 1 hour and each Member other than the majority and minority leaders and the minority whip limited to 5 minutes, but in no event shall debate continue beyond 11:50 a.m.

### ACA IS WORKING

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. QUIGLEY) for 5 minutes.

Mr. QUIGLEY. Mr. Speaker, I rise today and ask you to consider where we were before the Affordable Care Act: premiums were rising three times faster than wages, eating up much more of Americans' hard-earned paychecks; millions more families were drowning in medical debt; Americans had to pay for critical preventive services like flu shots, yearly checkups, and birth control; many young 20-somethings went without insurance; your suffering child

could be denied coverage due to a pre-existing condition; the so-called "doughnut hole," or gap in Medicare part D coverage, was forcing many seniors to choose between buying food to put on the table or livesaving prescription pills; women were charged more than men for coverage simply for being women; insurance companies could set annual or lifetime dollar caps on benefits, sticking American families with the remainder of the bill.

Thankfully, in the 6 years since the ACA was enacted, 20 million Americans have insurance for the first time in their lives, and the uninsured rate is the lowest it has been in American history, currently at 8.6 percent. The ACA has helped 105 million Americans, including 39.5 million women and nearly 28 million children, by preventing healthcare plans from capping benefits.

We have also seen that the marketplace is working better in States where elected officials collaborated to implement the ACA rather than trying to undermine it. In States that chose to expand Medicaid, insurance rates are an estimated 7 percent lower. In contrast, Governors and legislatures in 19 States have blocked Medicaid expansion, even as millions of their lowest income residents go without insurance coverage.

Unfortunately, over the past few years, it has been popular around here to say that the ACA is a failure, that it has socialized medicine, it is driving down the quality of American health care, and that we need to "repeal and replace" it because ObamaCare isn't working. This mindset is all wrong because, I am happy to report, the ACA is working. However, faster progress has been prevented due to obstruction and politics.

Since being signed into law in 2010, my colleagues across the aisle have voted to repeal all or parts of the ACA over 60 times. This has prevented funding needed for implementation and

necessary fixes to the law. It is time, once and for all, for Congress to accept the ACA as the law of the land and begin working to improve the law, not repeal it.

Now, I understand there are challenges as the law continues to take deeper roots throughout the healthcare industry. As they prepared for ACA, some insurance companies set prices too low, and they are now adjusting them in response; but I want to remind everyone that the insurance marketplace was dynamic before the ACA and will continue to be dynamic.

The ACA calls for a more innovative approach to health care, and many insurance companies have adapted so that they can focus on coordinated care and care management, for example. When insurance companies were still able to discriminate based on pre-existing conditions, they excluded or undervalued expensive patients—the same people who had the most healthcare needs. Now that actual data is available, the market is undergoing a natural correction to bring prices in line with costs.

It is important to note that shopping on the marketplace has proven to help all consumers find the best price for coverage. According to the Department of Health and Human Services, almost half of returning healthcare.gov consumers switched plans and saved an average of \$42 per month.

I understand that challenges with the ACA remain. That is why HHS is taking steps to address these problems. Congress has a duty to look for policy solutions that improve everyone's access to the best care available and to make that care affordable. There are real ways that Congress can provide stability to the healthcare marketplace, and I urge my colleagues to bring some of these solutions to the floor.

□ This symbol represents the time of day during the House proceedings, e.g., □ 1407 is 2:07 p.m.

Matter set in this typeface indicates words inserted or appended, rather than spoken, by a Member of the House on the floor.



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I was proud to vote for the ACA, and when the majority is ready to get serious, I will be proud to vote for commonsense improvements and reforms to the law. The American public have spoken, and they will not return to the days before healthcare reform. It is time for Congress to listen to the American people.

#### SUICIDE PREVENTION AWARENESS MONTH

The SPEAKER pro tempore. The Chair recognizes the gentleman from Michigan (Mr. UPTON) for 5 minutes.

Mr. UPTON. Mr. Speaker, I rise today to acknowledge the fact that September is Suicide Prevention Awareness Month. This gives all of us a chance to come together to promote awareness about the issue of suicide prevention and how we can all help others talk about suicide. For many families in communities across the country, loved ones are gone far too soon because of suicide.

Suicidal thoughts and action certainly know no bounds. They affect people of all ages, races, sexes, and religions. The statistics are startling. Suicide has become the third leading cause of death among young people and is the 10th leading cause of death here in the U.S. Each year, more than 40,000 Americans die by suicide—more than 100 per day, on average.

A week and a half ago, I was in Kalamazoo's Bronson Park for the Gryphon Place Suicide Prevention Walk. A beautiful young woman by the name of Kait stood before a crowd of more than 100 and read a stirring poem about being bullied and, as a result, how she harbored thoughts of suicide.

Hearing her deeply personal story certainly broke everyone's heart. It really did. As a father of two young adults, my thoughts quickly turned to them and their school experiences. Bullying is a very serious problem in our schools and can lead to depression, psychological issues, and, of course, suicide.

When she finished, I followed up with her and told her that she is not alone. Anyone considering suicide or having suicidal thoughts should know the same. You are not alone, and there are always help and options available.

In our communities, we have got to do more to stop bullying the minute it rears its ugly head. We should do more to reach out to those vulnerable to suicidal thoughts and tendencies, particularly young people, as they grapple with the pressures of growing up. We should also do more to treat mental health issues that can lead to suicide.

Here in the House, we recently were able to pass a very strong bipartisan piece of legislation sponsored by Dr. TIM MURPHY, a member of the Energy and Commerce Committee, to do just that. We voted to give a much-needed upgrade to our mental health system and deliver real reforms that are going to make a difference for folks suffering with mental health illnesses.

In July, it was advanced through our committee 53-0, and then on the House floor by a 422-2 vote. This landmark vote marks the most significant reform to our Nation's mental health programs in decades, and I was proud to shepherd this important piece of legislation and now work with the Senate to get it done.

Suicide prevention is deeply personal to me. I don't talk about it often, but my uncle, my daughter's college roommate, and my son's dear girlfriend's sister all committed suicide. Those losses have left an indelible impression on my life.

Suicide is not an issue that can linger in the shadows. We have got to confront it and the underlying issues behind it together.

I include in the RECORD Kait's message of hope and inspiration. It can also be found on my Web site, [upton.house.gov](http://upton.house.gov).

#### MY (SURVIVAL) STORY

I tried to start writing my story, but all that became of it was complicated comparisons and meaningless metaphors.

I thought that's just what I had to do, to connect with people.

Tell some confusing story about a lion and a lamb, or a turtle and a hare with some hidden cliché reworded moral of a story, explaining how the inferior character always wins in the end, and people would just get what I was trying to say.

But, you see, in reality, I didn't know which character I was supposed to play and so I played someone different every single day.

You see it's hard to stand up for yourself, when you don't even know who you are, and in school, if you didn't define yourself, others had no problem doing it for you.

So my name tag read Kait, but the names people called me sounded nothing like that.

slut, queer, trash, worthless, nothing.

I call them names, because that's what I became. At least in my mind, so it kept me in line.

for seven years in the hall I looked at the ground, I thought people wouldn't kick me if I was already down.

And if I didn't look up, I couldn't see the mirror, that way you and I could both pretend I wasn't even there.

And they decided that popcorn looked even better in my hair, but when I hid in the bathroom stall during lunch, they said I was throwing up my food.

Which, I was.

because I was too big, too small, too short, too tall, too skinny, and too fat.

I was big foot and man hands, with gorilla arm hair.

I took up other people's air and might as well go die in a hole because no one even wants me here.

But that was okay, I didn't want to be here either.

My mom still thinks I fractured my hand from catching it in the door, but I had the locker slammed on it because if you cry, that means you're asking for more.

And I didn't know how to face her, or the fact that I was a failure.

And even though I just graduated, I still feel I owe her apologies.

for the messages everyday the principal left on her phone, for the days she had to

get me, because I couldn't drive myself home, for the permanent art work on my arms that wouldn't ever be hung on fridge, for always playing too close to the ledge.

Because I couldn't pass math, but I could calculate just how many pills it took me to get sick without passing out so I didn't have to go to school the next day.

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I'm sorry.

Even once they were done with me, I felt like I owed them an apology.

Like they could hit me in the face, and I would apologize for standing in the way of their hand.

There were times I didn't believe I would be here today.

But look at me now, look where I stand.

Never did I realize that my own two hands had to the power to control my life. or end it.

My own principal, looked at me and said there was nothing he could do, unless I was seriously hurt.

Like to actually be noticed, I'd have to be dead in the dirt.

Because he thought that even if I walked away crying, as long as I was still alive and walking, it wasn't his problem.

His position of power told him he could decide when I was in pain, but he wasn't the one who had to stand in the rain.

Look in my eyes, look at my arms, read my poetry, can you still see me?

I lost myself halfway between my current normalcy and my makeshift reality.

Drowning in a sea of ideas that unless I became just another number in data about bullying, that I wouldn't actually make a difference.

because in a world where we focus on problems like gun control, we over look the fact that people can cause just as much damage with their words.

An issue is defined as a topic that can be debated or discussed, Like the "issue" I had with bullying was something that could be compromised.

Like my own life, was a thing that could be compromised.

It's like if you see a lamb being slaughtered, you just let it continue, because you too are a lamb, and it very well could be you.

I think in a way that's kind of the worlds view, like if I don't change a number or a statistic. There's nothing I actually went through.

Tell me why no stories ever make the news, about being a survivor of bullying.

but if my story was told, after I was six feet under, it would actually mean something.

It doesn't take 50 cents a day, it literally costs nothing to be a decent human being, or to simply treat each person like they have some meaning.

they say charity begins at home, but I think that's where the love should start too because those that know hurt are the ones that hurt you and my brothers and sisters who have walked in my shoes, i'm sorry if it gave you blisters for the longest time I tried to wear a pair that didn't fit, when I tried to be a she, that wasn't me.

Bullying is not just a consequence, the effects I still live with are alive and real, sometimes they are more real than I feel.

You can not push me under the rug because I am still here.

I am not just another bullying story.

And I am not just my bullying story.

Put a name to my face and call me, survivor.